MASSAGENERD.COM

Presents - *Part 1 of 3*

180+

Soft Tissue Active Assistive Release

Sports Massage Techniques



Massage + Stretching + Movement = Client Retention

" Sports Massage; Not Just For Athletes Anymore "

By
Ryan Hoyme
CMT, NCTMB, HST

INDEX

Legal Disclaimer

All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.
The author and publisher of this document and their employers are not liable or responsible to any person or entity for any errors contained in this document, or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained in this document.

SPORTS MASSAGE

Sports Massage- Yesterday's buzz word. Relatively few Therapists really understand sports massage. Today's continuing education providers now prefer the term "Orthopedic Massage."

General Advice

1. Done fast, through clothing, vigorous music, no lubricants, rarely longer than 30 min.
2. When in doubt, vibrate
3. Increase compression pressure from light to deep
4. Deep/precise work shouldn't be part of pre-event work, and should be used with caution for post event
5. Have ice packs and first aid equipment for emergencies - be prepared to call for triage (especially if more than one muscle cramps at once)
6. Encourage adequate hydration
7. In case of cramp
    - Remain calm and confident
    - Direct compression over cramp, followed by attempt at either reciprocal inhibition or Golgi tendon stimulation
    - After cramp subsides a little, gently stretch and repeat above step until it's gone.
    - When cramp is gone, ice muscle and have it stay that way for the next couple of hours. Have disposable ice containers to give athletes.
8. Pre-event massage must follow warm-up, be 15-20 minutes
9. Post-event massage should be done between 1 and 2 hours after the event. Should be slower to prevent cramps, and avoid tense-relax stretching for the same reason.

Basics

In 1569, Girolamo Mercuriale wrote the first sports medicine book. Jack Meagher is considered the father of Sports massage. Sports massage Therapists are usually trained in: Thai massage, Active Release, Muscle testing, Stretching and many other modalities. Some treatments are preformed on the table or on the floor with a mat and most of the Pre and Post event massages are given with the athlete uniform on. Basic Friction Strokes are: Compressive effleurage, Broad cross-fiber friction, Longitudinal stripping, Local cross-fiber friction and Compression (With/Without active engagement). Many specific techniques may be used like deep friction, cross fiber, soft tissue release, ice massage, lymphatic drainage, strapping, and PNF stretching.

Sports massage has antecedents in earlier periods of history. The ancient Greeks and Romans combined massage and exercise in their athletic training. Various Asian cultures also developed forms of massage for dancers and for students of martial arts. As a formal practice, however, sports massage began in the Soviet Union and Communist bloc countries in the 1960s. Soviet teams were the first to have a massage Therapist travel with them and work on their athletes on a regular and ongoing basis. Through sports and cultural exchanges, the concept of sports massage moved to Europe and the United States in the 1970s. Over time the benefits of sports massage became accepted, and sports massage became a part of the training regimen, first of professional athletes, then of college and amateur athletes.

Most Professional sports teams have massage Therapists. This form of treatment is also for 'ordinary' people. There are three main categories of massage techniques, which are predominantly used in sport: effleurage, petrissage, and friction. Many Sports massage Therapists make their big break with a recommendation from a player or someone that works for the team.

Table height should be lower, at fingertips or so you can put on leg on the table (knee flexed) and still easily lean forward to apply pressure. Lubrication should be used with minimal amount to avoid causing friction burns or body-hair pulling.

Benefits of Sports Massage:

- Balances muscle groups and soft tissues of the body, reducing the chance of injury during training and competition.
- Shortens recovery time between workouts, allowing greater training intensity.
- Improves range of motion and muscle flexibility resulting in improved efficiency, power, and performance.
- Increases blood flow, which improves the supply of nutrients to the soft tissues.
- Assists in the elimination of metabolic byproducts of exercise, resulting in less discomfort after extreme efforts.

PREPATORY MASSAGE

This is when the athlete utilizes massage regularly during training to improve fitness and recovery times prior to competition. The importance of Preparatory massage for the athlete is often understated. Frequent massage during training helps identify beginning dysfunction in the tissues, tendons, or fascia, and thus decreasing the likelihood of injury.

PRE-EVENT MASSAGE

(Pre-competition Massage)

Basics

Would usually be 5-10 minutes in a team change-room environment, but could be shortened or extended depending on circumstances. Pre-game techniques are fast-paced to stimulate blood flow, flush the system, and reduce resistance. Know the number of players to give massages to, be aware of time constraints, and know what areas of body to cover. Never ask the client where they hurt just before the big game. In strength related sports, concentrate on the specific muscles used. In endurance sports, concentrate on overall energy and flexibility. Be aware of how much a client has had massage previously to an event.

Techniques

Use brisk invigorating variations of sport massage strokes to specific muscles as per sport. Use gymnastics, stretching, PNF if athlete has used them before after the athlete has warmed up. You can begin with light pressure and gradually increase pressure and speed. Energize or calm down as needed.

Keep in mind

Do not comment on tightness at this point, it may be too negative and depressing. Do not treat Triggerpoints. Only use Trigger point therapy 24 hours before competition and only if the athlete is used to having such a treatment before and event. If an athlete is unprepared, injured, or tight to the point of causing an injury, bring this up with caution.
*****There are four important physiological effects of a warm-up. First the athlete's heart rate should increase. Second, the athlete's respiratory rate should increase. Third the athlete's body temperature should increase. Fourth as the athlete goes through the motions required to compete it prepares the body's nervous system for strenuous activity.

Technique Expanded: www.europafitness.com/sports1/sportsmassage2.html

DURING COMPETITION MASSAGE

(Between games)

Usually only 5-10 minutes at the most. Never ask them where they hurt. Follow many of the same rules as the Pre-Event routine.

POST-EVENT MASSAGE

(A post-competition Massage)

Basics

Would usually be 5-15 minutes in a team change-room environment, but could be shortened or extended depending on circumstances. Consider the number of players/competitors to give massages to. Consider time constraints to complete the massages.

Techniques

Concentrate on the major muscles used in the event. Use light draining strokes moving toward the heart. Start lightly and gradually apply more pressure. Use gymnastics to access the joint range of motion. Do not use resistance stretching on tired muscles. Use gentle compressions, light circular friction to aid in circulation, and reduce spasms. Use light draining strokes moving toward the heart like effleurage and petrissage for lymph drainage. You may not be able to use oil or lotion so keep that in mind. Using general compression techniques is beneficial to the athlete.

Keep in mind

Recovery is a period of non-activity or diminished activity, which should follow a race or heavy training. Periosteum is the thin tissue covering a bone. When the tissue becomes inflamed (periostitis), this is considered by many experts to be a precursor of a stress fracture. Lactic acid, which builds up in the body fluids because of the breakdown of muscle tissue. This build-up occurs naturally during hard exercise and causes pain in the affected muscles.
*****Post-Event massage starts with Compressive Effleurage to establish appropriate pressure and push fluids from distal to proximal. I usually follow with Petrissage to knead and milk the muscle. With Petrissage you should be careful with your pressure. I then use compression strokes to relieve tightness that occurs as the muscles cool down. Compression can also restore blood flow to the targeted muscles. Broadening strokes can then be used to restore length and broaden muscle bellies. I then return to Compressive Effleurage to finish off and soothe the area.
*****If you are familiar with good stretching techniques they can be administered to relieve soreness and prevent muscle tightening.

Post-Event Massage should not last much more than ten to fifteen minutes. It is not intended to be a full body massage. It is for the purpose of helping the athlete recover from physical activity.

Technique Expanded: www.europafitness.com/sports1/sportsmassage2.html

MAINTENANCE MASSAGE

(Rehabilitative Massage)

Basics

Would usually be 30-60 minutes in a clinic situation, but could be shortened or extended depending on the circumstances. Time can be negotiated with the athlete depending on their time availability. Check to see when they will be working out: That day, few hours away, or the next day. The time may influence the type and length of massage session.

Information used in sports maintenance massage is gathered from discussing the athlete's goals, watching the athlete's workouts or competitions, recording current or previous injuries and prior treatments, including massage, and setting specific goals for a sports maintenance massage program.

Techniques

If they are tight, you may want to use Trigger point methods. Maintenance techniques usually are Swedish massage with deep transverse friction. Work to increase flexibility and range of motion. If they are fatigued, you may want to use more effleurage and other strokes to drain lactic acid build up.

When the injury is in the chronic stage, nonspecific compression of the site, range-of-motion movements and ice treatments would be appropriate. Advance to cross fiber friction with movement and ice treatments as the injury heals. Strengthen and stretch the injured area once the athlete can go through a full range of motion without pain.

Keep in mind

Know your athlete's event. Ask them where they hurt and take the most stress. Look at your client's overall body alignment to determine areas of higher stress. Find out when they last worked out and what they did in the workout (You might want to take it easy on the areas already worked).

Typical locations for adhesions in athletes

The two main ways athletes are injured: a biomechanical problem and overload problem (or training errors).

- Traps/ Supraspinatus
- Erectors/ Thoracolumbar fascia
- Traps/ Levator Scapula
- Glutes
- Rectus Femoris (Quad)
- Lats/ Teres major and minor
- Semimembranosus/ Adductor Magnus
- Extensors and or Flexors of the forearm
- Soleus/ Peroneus Longus

Common areas of potential stress that may be addressed during restorative massage

- **Foot and ankle:** strained or pulled Achilles' tendon, metatarsal cramp or fatigue, ankle strains and twists
- **Thigh, calf, knee:** golf knee, calf spasms, runner's cramp, hamstring strain
- **Hip, leg, buttock, groin:** strains because of twisting and swinging
- **Elbow, arm:** weakened arm and shoulder muscles, stiffness and soreness
- **Wrist:** tension caused by grasping and tensing
- **Back, shoulder, neck:** strain to muscles, shoulder joint injuries
- **Midback and lower back**
- **Racquetball shoulder**
- **Triceps strain**
- **Groin:** pulled muscles
- **Chest and abdomen:** strain, spasm, soreness

Problems after or during an event

Cramps - Complete muscle spasm without complete contraction of the fibers accompanied by intense pain.

*Causes - Fatigue, dehydration, electrolyte imbalance (Calcium, Potassium, Magnesium), muscle strain, injury.

*Treatment - Bring origin and insertion of muscle closer together. Avoid further spasm. Direct pressure may also help. Ice massage, replace fluids and electrolytes.

*After placing the athlete in a comfortable position, my first choice of treating a cramp is simply to elongate the muscle tissue that is cramping. The lengthening should be done gently to avoid pulling the muscle out of cramp. (You may have experienced a cramp in your foot yourself and realized that if you stretch the bottom of your foot the cramp lessens. If you point your toes toward the ground the cramp usually gets worse.) This usually works well and I follow the gentle stretching with massage of the

muscles that were cramping.
*Another technique you can try is reciprocal inhibition. It requires the Therapist to identify the antagonist muscle group to the group that is cramping. The Therapist stabilizes the joint while the athlete contracts the antagonist muscles to those that were cramping. The resisted contraction is then followed by a gentle stretch of the cramping muscles. Avoid putting the muscles that have been cramping back into a shortened position.
*Offering the athlete fluid to drink and icing the cramping muscles can also be helpful.

Heat Stroke - Failure of the thermoregulatory systems, Extreme Emergency.
*Signs/Symptoms - Incoherent speech, acute confusion, aggressiveness, rapid unconsciousness, absence of sweating (Occasionally sweating), weakness, irrational behavior.
*Treatment - Refer to Medical Unit and decrease the body temperature immediately with cold compresses to the head and neck, alcohol rubs, place in cool environment.

Hyperthermia - When the rate of heat production exceeds that of heat loss for a sufficient period of time, resulting from inadequate fluid replacement or from failure of the thermoregulatory systems of the body Heat Exhaustion.
*Signs/Symptoms - Headache, nausea, hair erection on upper arms and chest, chills, unsteadiness, fatigue, skin cool and pale, sweating, dizziness and thirst.
*Treatment - Refer to medical aid unit to be placed in a cool environment and allowed to "sip" water.

Hypothermia - The rate of heat production is exceeded by heat loss: unable to maintain adequate core temperature: can be worse on cool, wet windy days.
*Signs/Symptoms - Shivering, euphoria, appearance of intoxication: shivering may stop as core temperature drops even more. Lethargy, muscle weakness followed by disorientation, hallucination, combative behavior, unconsciousness.
*Treatment - Refer to Medical aid unit. Restore body warmth with protective covering and surface friction. Remove wet clothing and move to warm environment.

Injury prevention tips

1. Avoid training when you are tired.
2. Increase your consumption of carbohydrate during periods of heavy training.
3. Increase in training should be matched with increases in resting.
4. Never train hard if you are stiff from the previous effort.
5. Pay attention to hydration and nutrition.
6. Use appropriate training surfaces.
7. Check training and competition areas are clear of hazards.
8. Check equipment is appropriate and safe to use.
9. Any increase in training load should be preceded by an increase in strengthening.
10. Treat even seemingly minor injuries very carefully to prevent them becoming a big problem.
11. If you experience pain when training, stop your training session immediately.
12. Introduce new activities very gradually.
13. Allow lots of time for warming up and cooling off.
14. Check over training and competition courses beforehand.
15. Train on different surfaces, using the right footwear.
16. Shower and change immediately after the cool down.
17. Aim for maximum comfort when traveling.
18. Stay away from infectious areas when training or competing very hard.
19. Be extremely fussy about hygiene in hot weather.
20. Monitor daily for signs of fatigue, if in doubt ease off.
21. Have regular sports massage.

The effects of ice massage on delayed muscle soreness

http://www.ajsm.org/cgi/gca?SEARCHID=1069477107299_439&TITLEABSTRACT=massage&FULLTEXT=massage&JOURNALCODE=&FIRSTINDEX=0&hits=10&RESULTFORMAT=&gca=11%2F4%2F249&gca=12%2F2%2F159&sendit=Get+All+Checked+Abstract%28s%29#11/4/249

Training & Certification

Accredited sports massage Therapists must first complete a course in general massage from a school accredited by the American Massage Therapy Association/Commission on Massage Training Accreditation/Approval (AMTA/COMTAA) or their State Board of Education. They must then complete an additional training program approved by the AMTA National Sports Massage Certification Program. Many sports massage practitioners also complete the National Certification Examination for Therapeutic Massage and Bodywork.

How to prepare an Epsom Salt Bath

Add between 1-4 cups of Epsom salts to your bath water. Do not use soap, as it will interfere with the action of the salts. Relax for about fifteen minutes in your bath. Drink a lot of water and avoid becoming chilled. Try to rest for about two hours afterwards and if you bundle yourself in warm blankets you will experience profound metabolic results and should shower again, and take it easy for

another hour after a 45min blanket wrap. Some trainers suggest using up to 9 pounds per bath for medical relief of pain from mild inflammation, lactic acid build up and other metabolic by products. If you have arthritic joints you will need to move them as much as possible after an Epsom salts bath to prevent congestion in the joints.

Caution: If you have high blood pressure or any medical condition involving your heart, you should not have an Epsom salts bath. Those using Epsom Salts to treat arthritic pain should start with a smaller quantity of salts (1 cup) and gradually increase that as the bath becomes better tolerated.

EVALUATION OF SPORTS INJURIES

1. **Preparticipation examination;** done prior to the start of preseason practice
2. **On-the-filed injury assessment;** done immediately after acute injury to determine the immediate course of acute care, necessary first aid, and handling of emergency situations
3. **Off-the-field injury assessment;** done in the training room, clinic, emergency room, or physician's office after appropriate first aid has been rendered
4. **Progress evaluation;** done periodically throughout the rehabilitative process for determining the progress and effectiveness of a specific treatment regimen.

Areas to emphasize by sport

Running
- Full legs, buttocks, low back, interscapular
- If running more than 3 times a week, 1 massage per week

Swimming
- Upper back and neck, full arms, shoulders, chest, and abdomen
- If swimming more than 3 times a week, 1 massage per week

Bicycling
- Full legs (esp. thighs), low back, neck, shoulders, and chest.
- Legs should be massaged after each work-out, and 1 full massage per week

Court Sports
- Entire upper body with emphasis on arms and shoulders, legs in general
- General leg massage after each hard work-out, upper body 1 per week

Skiing
- Full legs and back, arms, shoulders and neck if cross country
- Full body massage after each weekend of skiing for amateurs - competitive skiers should have legs and back done 2 per week.

Hiking/Back Packing
- Back and shoulders, legs and feet, abdomen
- End of each day

Weight Lifting
- "Body Builder" stress points shoulders and chest, esp. pectoralis. "Power lifter" has most strain low back, thighs, upper trap/neck
- Emphasize upper or lower body depending on which has been worked that day. Ideally, would treat for 30 min before each workout, 30 min after each workout.

Baseball/Softball
- Shoulders and arms
- Amateurs need one massage after each long weekend of playing

Basketball
- Full legs, back
- Each game should be followed by a full leg massage including low back. Shoulders, neck, and arms as needed.

SPORTS MASSAGE DICTIONARY

www.sportsmedicine.about.com/cs/exercisephysiology/a/glossary.htm

MUSCLES AFFECTED BY SPORTS

www.thebodyworker.com

" Know the sport that you will be treating "

RULES FOR SPORTS MASSAGE

*Know the stats and players names of what sport you want to massage.

*Athletes love talking about how they performed in the game/event…Appear to be interested (Even if you are not)!

*Know what techniques to use for: Pre, Post, Intermediate, and Rehabilitative Massage.

*If you work for a sports team, you will work under the Athletic trainers.

*Know your muscles (They know a lot)!

*Know types of injuries an Athlete can have!

*Most of these techniques involve: movement and massage at the same time.

*All sports massage techniques can use Muscle Energy Techniques (PNF, AIS, CRAC…) while you are performing them to increase the pressure.

*If the technique is to intense while they are resisting, just start the pain tolerance out at 4-5 (Out of 10) and have them resist you to create their own tolerance.

*Never have the client tense up so much that they vibrate.

*Most of the techniques are slow, deep glides.

*Most of these techniques are used for Rehabilitative Massage (2-3 days before or after an event).

*Remember the rules of R.I.C.E.

*Some sports you can't use oil before an event (Wrestling…).

*Make sure to remove as much oil off their body before an event/game.

*Coco Butter sticks work very well for deep friction (It provides great traction).

*A lot of the techniques can be performed with the client wearing shorts (Shorts and sports bra for women) and no sheets on the table.

*Never ask the athlete were they hurt just before their event/game.

PASSIVE TRIGGER POINT STRETCHING TECHNIQUE

(P T P S T)

1. 

2. 

3. 

4. 

5. 

5. 

5. 

5. 

5. 

6. 

1. Start in a neutral position
2. Warm up the area that you are going to treat
3. Hold the trigger point for 8-20 seconds (Only bring the pain to a 7/8 out of a 10)
4. Slowly release the pressure from the trigger point
5. Slowly stretch that area in different directions
6. Slowly bring the limb back to the original position

*Can be performed on any limb and most parts of the body

ACTIVE TRIGGER POINT STRETCHING TECHNIQUE

(A T P S T)

1. 
2. 
3. 
4. 
5. 
5. 
5. 
5. 
5. 
6. 

1. Start in a neutral position
2. Warm up the area that you are going to treat
3. Hold the trigger point for 8-20 seconds (Only bring the pain to a 7/8 out of a 10)
4. Slowly release the pressure from the trigger point
5. Slowly have the client stretch that area in different directions
6. Slowly bring the limb back to the original position

*Can be performed on any limb and most parts of the body

PASSIVE DEEP RATCHET TECHNIQUE

(P D R T)

1. 

2. 

3. 

4. 

4. 

4. 

4. 

1. Start in a neutral position (Prone)
2. Plant your hand and flex their knee (Don't move your planted hand)
3. Extend their knee and glide up their leg
4. Continue with the technique and only go up the leg a few inches when you extend the leg

*Can be performed on any limb and most parts of the body

ACTIVE DEEP RATCHET TECHNIQUE

(A D R T)

1. 

2. 

3. 

4. 

4. 

4. 

4. 

1. Start in a neutral position (Prone)
2. Plant your hand and flex their knee (Don't move your planted hand)
3. Have the client extend their knee (You help them to start) and you glide up their leg with your planted hand
4. Continue with the technique and only go up the leg a few inches when you extend the leg

*Can be performed on any limb and most parts of the body

RESISTIVE DEEP RATCHET TECHNIQUE

(R D R T)

1. 

2. 

3. 

4. 

4. 

4. 

4. 

1. Start in a neutral position (Prone)
2. Plant your hand and flex their knee (Don't move your planted hand)
3. Extend their knee and glide up their leg (The client is resisting with 20-40% of their strength to increase the pressure)
4. Continue with the technique and only go up the leg a few inches when you extend the leg

*Can be performed on any limb and most parts of the body

PASSIVE GLIDE RATCHET TECHNIQUE

(P G R T)

1.  **2.**  **3.** 

1. Start in a neutral position (Prone)
2. Plant your hand and flex their knee (Don't move your planted hand)
3. Extend their knee and glide all the way up their leg

*Can be performed on any limb and most parts of the body

RESISTIVE GLIDE RATCHET TECHNIQUE

(R G R T)

1. 
2. 
3. 

1. Start in a neutral position (Prone)
2. Plant your hand and flex their knee (Don't move your planted hand)
3. Extend their knee and glide all the way up their leg (Have them resist while you are performing the technique)

*Can be performed on any limb and most parts of the body

PASSIVE PALPATING STRETCH

(P P S)

" More for Athletes "

1.


2.


3.


4.


4.


4.


4.


4.


5.


1. Start in a neutral position
2. Find a tender point (Bring the pain level to 4-5 out of 10)
3. Hold the tender/trigger point
4. Then perform a stretch in that vicinity, while still holding the tender point (7-12 seconds)
5. Bring the limb back to the original position

*Can be performed on any limb and most parts of the body

ACTIVE PALPATING STRETCH

(A P S)

" More for Athletes "

1. 
2. 
3. 
4. 
4. 
4. 
4. 
4. 
5. 

1. Start in a neutral position
2. Find a tender point (Bring the pain level to 4-5 out of 10)
3. Hold the tender/trigger point
4. Then have the <u>client perform a stretch</u> in that vicinity, while still holding the tender point (7-12 seconds) and you still guide the limb
5. Bring the limb back to the original position

*Can be performed on any limb and most parts of the body

RESISTIVE PALPATING STRETCH

(R P S)

" More for Athletes "

1. 
2. 
3. 
4. 
4. 
4. 
4. 
4. 
5. 

1. Start in a neutral position
2. Find a tender point (Bring the pain level to 4-5 out of 10)
3. Hold the tender/trigger point
4. Then perform a stretch in that vicinity and have the client perform a resistance against the tender point (7-12 seconds), while still holding the tender point
5. Bring the limb back to the original position

*Can be performed on any limb and most parts of the body

INTEGRATED NEUROMUSCULAR INHIBITION TECHNIQUE

(I N I T)

www.positivehealth.com/permit/Articles/Bodywork/chaitow59.htm

1. 

2. 

3. 

First stage: Neuromuscular Technique (NMT), in which a tender/pain/trigger point and palpated, either intermittently or persistently

Second stage: Positional Release Technique (PRT) The pain is removed from the tender/pain/trigger point by finding a position of ease which is held for at least 20 seconds, following which an isometric contraction is achieved involving the tissues which house the tender/pain/trigger point

Third stage: Muscle Energy Technique (MET), following the holding of the isometric contraction for an appropriate period, the muscle housing the point of local soft tissue dysfunction is stretched. This completes the INIT sequence

*Can be performed on any limb and most parts of the body

SOFT TISSUE RELEASE

(S T R)

www.softtissuerelease.com

With **STR**, the client is placed in a particular position so that the muscle begins to stretch in a very specific direction or plane. The exact location of the injury has been defined and a determined pressure is applied directly into the affected tissue or along a specific line of injury. At the same time, depending whether passive or active techniques are being used, the client is given a set of instructions that now engage the antagonist of the muscles involved. Then muscle is extended from a fixed position in a determined direction under a pinpoint of pressure. Decrease in pain and increase in the range of motion are often immediate, offsetting any minor discomfort experienced. **STR** can be modified so there is no client discomfort at all. The flowing motions of **STR** and total client control afford new levels of deep tissue work and subsequent pain relief.

"Technique based on the principles of European Osteopathy and Active Isolated Stretching using light to medium pressure on the areas of concern, holding the stretch for no longer than 2 seconds at a time." Trigger Point Therapy to a series of points in a taut band plus stretching.

1. The basic method is to start with a muscle relaxed and held in a shortened position by moving the associated joint.
2. Deep focused pressure should be applied directly to the adhered fibers to fix them in position.
3. The muscle is then stretched passively away form this fixed point by moving the joint.
4. As the stretch takes place, the pressure point can be drawn a couple of inches in the opposite direction without reducing pressure, which achieves an even greater local stretch.

MUSCLE RELEASE TECHNIQUE

(M R T)

www.positivehealth.com/PERMIT/Articles/Bodywork/young52.htm

With Muscle Release Technique ®, the client is placed in particular positions so that the muscle begins to stretch in a very specific direction of plane. Then pressure is applied directly into the focal point of the affected tissue. The combination of a specific extension, precise pinpoint compression, and an exact plane of movement, while working with the breath, can produce an immediate release. The scar tissue is broken up and the muscle length is restored.

***Muscle release** uses active isolated stretching. Shorten the muscle passively, and then use a gliding lock along it while holding the stretch for 2 sec that's it.

1. Put a little pressure on the muscle tissue
2. Put the muscle through a specific plane of stretch
3. Holding only for two seconds

ACTIVE RELEASE TECHNIQUE

(A R T)

www.activerelease.com

Active (Client performs the movement) **/ Assistive** (Therapist applies pressure)

***ART** uses a myofascial release actively shortening the muscle then locking on it at the adhesion and pulling it under the lock.

First stage: Active release techniques involves the therapist locating adhesions that are causing the problem.

Second stage: And then apply tension with the thumbs over these lesions in the direction of the fibers.

Third stage: And finally have the client elongate the musculature while the therapist continues to apply tension to the lesion.

PASSIVE ROTATION RATCHET TECHNIQUE

(P R R T)

1. 
2. 
3. 

1. Start in a neutral position (Prone)
2. Plant your hand and flex their knee (Don't move your planted hand)
3. Pull the limb towards you and glide away from you

*Can be performed on any limb and most parts of the body

ACTIVE ROTATION RATCHET TECHNIQUE

(A R R T)

1. 
2. 
3. 

1. Start in a neutral position (Prone)
2. Plant your hand and flex their knee (Don't move your planted hand)
3. Have the client pull the limb towards you and glide away from you

*Can be performed on any limb and most parts of the body

RESISTIVE ROTATION RATCHET TECHNIQUE

(R R R T)

1.  2.  3. 

1. Start in a neutral position (Prone)
2. Plant your hand and flex their knee (Don't move your planted hand)
3. Have the client tense their limb and you glide away from you

*Can be performed on any limb and most parts of the body

PNF PALPATING STRETCH

(PNF P S)

" More for Athletes "

1. 
2. 
3. 
4. 
5. 
6. 
7. 
7. 
7. 

1. Start in a neutral position
2. Find a tender point (Bring the pain level to 4-5 out of 10)
3. Hold the tender/trigger point
4. Then perform a stretch in that vicinity and have the client perform a resistance (7-12 seconds), while still holding the tender point
5. Have the client relax for 2 seconds (In the same position as #4)
6. After the 2 seconds of relaxation, stretch the limb to the point of resistance and have the client resist (7-12 seconds)
7. Slowly bring the limb back to the original position and relax (2-5 seconds)

*Can be performed on any limb and most parts of the body

RECIPROCAL INHIBITION PALPATING STRETCH

(R I P S)

" More for Athletes "

1. 

2. 

3. 

4. 

5. 

6. 

7. 

7. 

7. 

1. Start in a neutral position
2. Find a tender point (Bring the pain level to 4-5 out of 10)
3. Hold the tender/trigger point
4. Then perform a stretch in that vicinity and have the client perform contract opposite muscle group being stretched (7-12 seconds), while still holding the tender point
5. Have the client relax for 2 seconds (In the same position as #4)
6. After the 2 seconds of relaxation, stretch the limb to the point of resistance and have the client contract the opposite muscle group (7-12 seconds)
7. Slowly bring the limb back to the original position and relax (2-5 seconds)

*Can be performed on any limb and most parts of the body

Ratchet Technique

1. Extension Slide

2. Flexion Nothing

OR

1. Flexion Slide

2. Extension Nothing

Ryan Jay Hoyme